



# REGISTER NOW!!!



## Nutrition Training Institute

Missouri Department of Health and Senior Services, Bureau of WIC and Nutrition Services  
presents a LIVE training

# Maximizing Nutrition during the WIC Lifecycle

with speaker

## Jennifer Bean, MS, RD, LD

### Learning Objectives

- ♥ Describe how changes in anatomy, physiology and body composition affect nutrient needs during:
  - ☞ Infancy
  - ☞ Early Childhood
  - ☞ Pregnancy
- ♥ Recognize areas, for each of these stages, where population-based nutrient intake is inappropriate compared to estimated nutrient need.
- ♥ Illustrate a food intake pattern that would accommodate appropriate nutrient intake for each of those life

### Audience

All professional staff, WIC nurses, nutritionists, and RDs are encouraged to attend.



### Trainings from 8:30 a.m. to 4:00 p.m.

July 19<sup>th</sup> – Springfield at The Library Center

July 20<sup>th</sup> – Berkeley at the St. Louis County Department of Public Health

July 21<sup>st</sup> – Independence at the Northwestern District Health Office

### Accreditation

- ♥ The Commission on Dietetic Registration (CDR), the credentialing agency for the Academy of Nutrition and Dietetics has approved this program for 6 CPEs for Registered Dietitians and Dietetic Technicians, Registered.
- ♥ Missouri WIC is qualifying this for 6 hours of Continuing Nutrition Education for WIC staff.

Please visit the WIC Training Portal at  
[http://health.mo.gov/living/families/wic/wictraining/  
maximizing-nutrition-during-the-wic-lifecycle.php](http://health.mo.gov/living/families/wic/wictraining/maximizing-nutrition-during-the-wic-lifecycle.php) for  
registration.

If you have questions, please contact Michele Bailey at  
[Michele.Bailey@health.mo.gov](mailto:Michele.Bailey@health.mo.gov).